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31st March, 2020

Dear Parent/Guardian

I hope that this finds you and your family safe and well.

In addition to delivery of academic content, it remains crucial that we continue to deliver pastoral messages during this period of school closure. These messages are primarily delivered through the "Head of Year Information" classrooms and the "Exercise and Activities" classroom. These Google Classrooms are regularly updated and are available to all pupils. In addition, I have been contacted today by a number of organisations which have asked us to forward information to you and which is shown below.

Mental Health UK

Mental Health UK has developed some guidance on how to have conversations about Covid-19 with young people, and provide reassurance during these challenging times (see attached PDF). The resource is also available on their website:

<https://mentalhealth-uk.org/blog/how-to-have-an-open-conversation-with-young-people-about-coronavirus/>

In addition, their 'Bloom Resources Library' contains tools and resources to help you confidently engage in conversations about mental health, emotional wellbeing and resilience. New information and guidance will be added to the library in the coming months, so it is worth checking from time to time:

<https://mentalhealth-uk.org/partnerships/bloom-resource-library/>

Further guidance about supporting young people's mental health and wellbeing during these challenging times can be found at the UK Government's website:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Aware NI

Aware NI have drawn our attention to the Developing Healthy Communities organisation, who have pulled together resources and links to information from trusted sources to provide support for communities through this difficult time. Their Hub provides information related to; supporting good mental health, changing circumstances for families and workplaces and community responses. It can be accessed via:

<https://www.dhcni.com/covid19infohub.html>

Additional community support information for the Causeway Coast and Glens area can be accessed via:

<https://www.causewaycoastandglens.gov.uk/live/community-services/covid-19-community-support>


Autism Advisory and Intervention Service (AAIS)

The Education Authority Autism Advisory and Intervention Service (AAIS) has produced a very helpful booklet about COVID-19. The information can be accessed via their web page, links for which are contained in the document accompanying this letter.

I trust that you may find some of this information useful. As ever, if you have any specific pastoral queries you may wish to refer them to the Vice-Principal, Mr R. Ross, or to your son/daughter's Head of Year, as appropriate, through the School Office.

Best wishes to you and your family. Please take care.

Yours faithfully,



S.W. Black (Principal)



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